


JANUARY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Salad Bar Daily at 11:30 am Lunch Served at 12 p.m.</b>	<p>Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.</p> <p>Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.</p>		<b>1</b>  <b>CLOSED NEW YEARS DAY</b>
<b>4</b>  <b>Roast Beef Roasted Potatoes Spinach, Roll Salad Bar Tropical Fruit Salad</b>	<b>5</b>  <b>Crab Cake Rice Pilaf, Roll Vegetable Blend Salad Bar Berry Shortcake</b>	<b>6</b>  <b>Turkey Noodle Soup 1/2 Turkey Sandwich Green Salad Salad Bar Fruit Special Dessert</b>	<b>7</b>  <b>Fruit Pancake Turkey Sausage Scrambled Egg Melon Salad Bar Juice</b>	<b>8</b>  <b>Chicken Alfredo Vegetable Blend Breadstick Salad Bar Fruit</b>
<b>11</b>  <b>Salisbury Steak Mashed potatoes Carrots Roll Salad Bar Fruit</b>	<b>12</b>  <b>Eggplant Parmesan Pasta w/ red sauce Mixed Vegetables Breadstick Salad Bar Fruit</b>	<b>13</b>  <b>Cream of Mushroom Soup Pork Tenderloin Bake Vegetable Blend Roll Salad Bar Fruit Special Dessert</b>	<b>14</b>  <b>Sweet &amp; Sour Chicken Asian Vegetables Rice Salad Bar Fruit</b>	<b>15</b>  <b>Shepherds Pie Green Salad Roll Salad Bar Fruit</b>
<b>18</b>  <b>CLOSED MARTIN LUTHER KING, JR. DAY</b>	<b>19</b>  <b>Open Face Turkey Sandwich Mashed Potatoes Vegetable Blend Salad Bar Pudding w/Vanilla Wafer</b>	<b>20</b>  <b>Vegetable Beef Soup Roast Beef Sandwich Salad Bar Fruit Special Dessert</b>	<b>21</b>  <b>Birthday Luncheon Ivars Clam Chowder Egg Salad Sandwich Tomato Salad Salad Bar Fruit</b>	<b>22</b>  <b>Fried Chicken Sweet Potato Fries Vegetable Blend Roll Salad Bar Fruit Medley</b>
<b>25</b>  <b>Tuna Noodle Casserole Peas &amp; Pearl Onions Roll Salad Bar Fruit</b>	<b>26</b>  <b>Chili Baked Potato Green Bean, Fruit Cornbread Salad Bar</b>	<b>27</b>  <b>Chicken Barley Soup Mesquite Chicken, Roll Vegetable Blend Salad Bar Fruit Special Dessert</b>	<b>28</b>  <b>Philly Steak Sandwich Green Salad Salad Bar Fruit Medley</b>	<b>29</b>  <b>Salmon Patty Rice pilaf Broccoli, Roll Fruit Salad Bar Cookie</b>



FEBRUARY 2010

MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
<div>Salad Bar Daily at 11:30 am Lunch Served at 12 p.m.</div> <div>Lemon Chicken Wild rice Broccoli, Roll Salad Bar Fruit</div> <div>1</div>	<div>Dill Baked Fish Au Gratin Potatoes Green Bean, Roll Pineapple Upside down Cake Salad Bar Fruit</div> <div>2</div>	<div>Beef Vegetable Soup Beef Burrito Refried Beans Salad Bar Fruit Salad Special Dessert</div> <div>3</div>	<div>Turkey ala King Vegetable Blend Salad Bar Roll Fruit with Yogurt</div> <div>4</div>	<div>Baked Ham Orange Yams Mixed Vegetables Cinnamon Raisin Bread Salad Bar Applesauce</div> <div>5</div>
<div>Roast Beef Mashed potatoes Vegetable Blend, Roll Salad Bar Mixed Fruit</div> <div>8</div>	<div>Pineapple Chicken Asian blend Vegetables Brown Rice Salad Bar Fruit</div> <div>9</div>	<div>Tomato Soup Pork chops with Cranberry Sauce Mashed potatoes Salad Bar Fruit Special Dessert</div> <div>10</div>	<div>Chili Green Salad Cornbread Salad Bar Fruit</div> <div>11</div>	<div>Chicken Fettucini Italian Vegetables, Roll Strawberry Shortcake  * Special Ticket Required</div> <div>12</div>
<div>CLOSED PRESIDENT'S DAY HOLIDAY</div> <div>15</div>	<div>Spinach &amp; Potato Frittata English Muffin Salad Bar Fruit</div> <div>16</div>	<div>Vegetable Soup Turkey &amp; Sweet Potato Casserole Roll Salad Bar Fruit Special Dessert</div> <div>17</div>	<div>Birthday Luncheon Meatloaf Baked Potato Vegetable Blend Roll Salad Bar Fruit Crisp</div> <div>18</div>	<div>Ivars Clam Chowder Chicken Salad Sandwich Green Salad Salad Bar Fruit Medley</div> <div>19</div>
<div>Lime Fish Baked Potato, Roll Green Bean Salad Salad Bar Ice cream with Berries</div> <div>22</div>	<div>Turkey Roast Mashed Potatoes Vegetable Blend Salad Bar Fruit</div> <div>23</div>	<div>Beef Barley Soup Roast Beef Sandwich Green Salad Salad Bar Fruit Special Dessert</div> <div>24</div>	<div>Macaroni &amp; Cheese w/ Ham Vegetable Blend Roll Salad Bar Fruit</div> <div>25</div>	<div>BBQ Chicken Roasted Potatoes Spinach Salad Salad Bar Fruit</div> <div>26</div>